

# SARA EVANS IS A LITTLE BIT COUNTRY

BUT THAT DOESN'T MEAN SHE DOESN'T LOVE EMINEM. PAGE 13

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Monday, March 10, 2014 [www.metro.us](http://www.metro.us) | t: MetroNewYork | f: MetroNewYork



**Bard of Gracie Mansion.** Chirlane McCray, the mayor's wife, has started a new poetry/multimedia blog to write about issues of importance in the city. **Way with words.** McCray talks with Metro exclusively about going back to writing poetry and how she modeled the blog off of Eleanor's Roosevelt's "My Day" column. PAGE 02

**The SATs are getting a major overhaul**

PAGE 11

**Already starting to get lost in Austin**

PAGE 14

**Cro-long! Jets cut veteran corner**

PAGE 24

## First lady of poetry

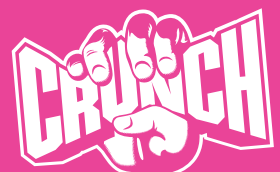
Chirlane McCray, first lady of NYC and chair of the Mayor's Fund to Advance New York City, has started a new Tumblr to write about life in the city. / BESS ADLER, METRO

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# 1 NEWS

## Excerpt

From McCray's  
'Women in  
Need's Liberty  
Family  
Residence'

*One might think*

*they will do what  
children do.*

*But only a few little  
ones*

*in this full classroom  
have*

*sparkle or shout*

*There is a 5-year old  
who says, "look at me,  
me, me!"*

*Take my picture.  
Cheese. Cheese.*

*He is all over the room,  
never sitting*

*even when asked,*

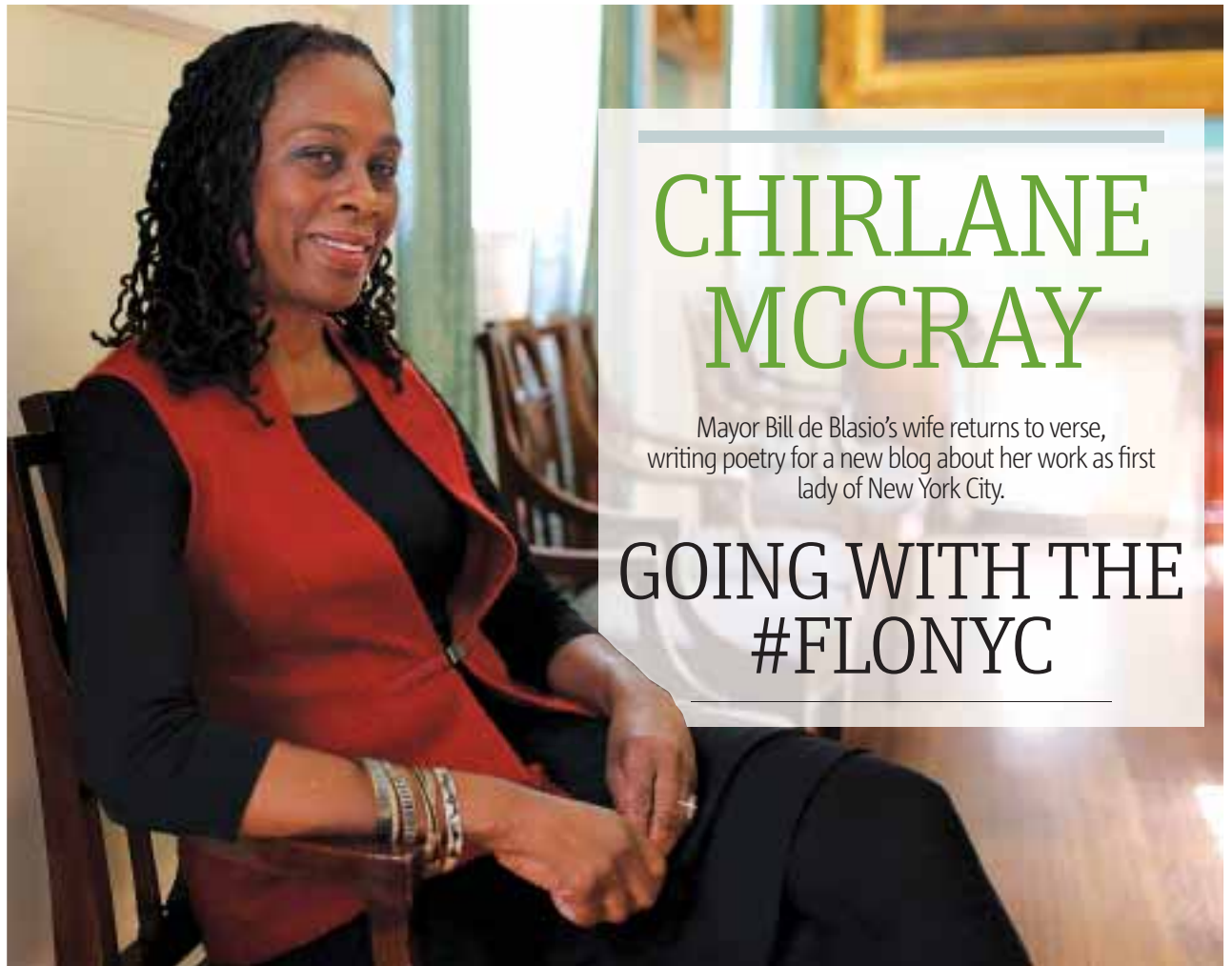
*even when asked  
again, he just cannot  
stop moving.*

*All his flash and action*

*against a backdrop of  
too many others,*

*too quietly, sitting.  
Obediently.*

*Sitting almost branch  
and stone-like at small  
tables.*



BESS ADLER, METRO

## CHIRLANE MCCRAY

Mayor Bill de Blasio's wife returns to verse,  
writing poetry for a new blog about her work as first  
lady of New York City.

## GOING WITH THE #FLONYC

Activist, mother and close advisor to Mayor Bill de Blasio, first lady Chirlane McCray is many things. But at #FLONYC, a Tumblr launched shortly after McCray was named chair of the Mayor's Fund to Advance New York City last month, she will return to one of her early passions: poetry. Through the new multimedia blog, McCray hopes her poems shed light on the city's untold stories and help her connect with New Yorkers. Metro spoke with McCray about #FLONYC, poetry and the power of words.

### When did you start writing poetry and why?

I love books; I love the word. So when I was in high school and going through a tough time, struggling to find my way, as all teenagers do, it just seemed really natural to just start writing about it. And the way I wrote, it came out in poetry. I don't know how to describe what the process was, but that just was the form or format that was most comfortable for me. It's a way to kind of channel your emotions, but you have to

be very concise.

### Do you have a poetry style that you favor?

I haven't written poetry for so long that I don't really know what my style is. ... I'm getting back into it. But I like my poetry to be accessible. ... I see it as a vehicle to communicate to everyday people about things that are very complicated and emotional and just hard to understand. I like to boil things down to their essence and I feel like that's what a poem is.

### Do you practice reading your poems aloud?

You write, but you also read out loud to see how it will sound. ... People talk about "eye candy" — I want it to be "ear candy."

### Have you ever practiced with Mayor de Blasio?

No. That's a good idea though. He's so busy. Chiara and Dante are very interested.

### Do they write poetry too?

They do. They do not share a lot with me, but they both are writers, they're both very good

### Inspired writing

#### You said you modeled the blog off Eleanor Roosevelt's "My Day" column.

She was so inspiring. What she did, the fact that she used her column to write about the issues of the day, just really blew me away, reading the examples that I saw. I knew that I wanted to do something like that because I am a writer. That's how I express myself. But I feel like the printed word in 2014 is not enough. I'm a huge fan of photos, I'm a huge fan of videos, and I thought, why can't we combine those things?

### McCray on poetry

"I see it as a vehicle to communicate to everyday people about things that are very complicated and emotional and just hard to understand."

writers and they both have written poetry. ... I think writing's so important. If you can write ... it's kind of like a ticket to the world.

### Have you ever written a poem for Mayor de Blasio?

I think I wrote one. ... But Bill wrote poems for me.

### Really?

He did write me a poem. I don't know if I'm allowed to tell you what it was about.

### Was it good?

It was! I was very pleased. It was very sweet.

### Other than the mayor, do you have a favorite poet?

There's so many, it would be unfair for me to single one out. But when I was young: Nikki Giovanni, Langston Hughes, "E. B." White — all those poets, I read. I don't have a favorite.

**Recent poems on the blog have a social justice angle to them. Is that what you think you'll focus on going forward?**  
I do want to do more of

that, but I would also like to write poems just about New York, reflecting the faces and places where I hope to travel.

### With all of your other responsibilities, how will you find time to write?

I don't know. I don't have a formula. It takes time, so I have to make the time. And that will be challenge.

### Do you go through drafts?

Yes. Every now and then, something comes out and it's like, "Oh, that's perfect, that's the way I like it." But more often than not, it's like, six, seven, eight — who knows how many drafts. I constantly rewrite.

### Should readers expect to see personal poetry?

It's not something you plan. It just happens. I'm just going to do my best to keep communicating, [hoping] I move people so that we can serve the people of New York City the best way that we can.

ANNA SANDERS  
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## Snowy fun

## Cuomo hits slopes to push NY skiing

Gov. Andrew Cuomo took to a snowmobile on Sunday to promote New York State's new initiative to bring tourists to upstate's winter escapades.

Cuomo is betting on a new plan to bring residents and travelers to the state's ski slopes.

A new, dedicated "I Ski NY" bus, a take on the classic heart-based tourism tagline, will offer snow enthusiasts from both New York City and Toronto, Canada to 13 different mountains — with a reduced price for college students.

Cuomo jumped on the snowmobile as a part of the state's Adirondack Winter Challenge, wherein state politicians join the governor to promote winter tourism.

CHESTER JESUS SORIA

See more at  
[www.metro.us](http://www.metro.us)



## Orthodox Jews protest Israeli draft

More than 50,000 Orthodox Jews made their way to Downtown Manhattan on Sunday for a prayer vigil to protest an Israeli universal draft bill that would mandate military or civil service for ultra-Orthodox who were previously exempted. The attendees took up at least 10 blocks of designated space, with significant overflow into nearby streets as entire families made their way to the event. / CHESTER JESUS SORIA, METRO

## NYPD. Three arrested in ATV crackdown



The police confiscated eight dirt bikes and all-terrain vehicles. / NYPD

Police cracked down on reckless drivers this weekend, arresting three men and confiscating eight dirt bikes and all-terrain vehicles.

The officers were instructed to avoid chasing after joyriders suspected of using an unregistered vehicle. Even so, two cops on foot patrol tried to stop one motorcyclist driving down Second Avenue at 5:20 p.m. Saturday.

The rider, 28-year-old Donovan Hibbert, abandoned his dirt bike and ran away from the scene on foot. The officers caught up with Hibbert, who put up a struggle.

Police also recovered two abandoned motor bikes nearby. A third dirt bike was picked up after a driver abandoned it near 112th Street and Fifth Avenue.

Later in the day, police caught sanitation worker Samuel Lopez, 41, weaving through traffic in an ATV on Madison Avenue at East 135th Street. Cops picked Lopez up at a nearby gas station.

Police also arrested Andy Hernandez, 21, after cops said he drove an unregistered dirt bike along Broadway between 137th and 138th streets.

CHESTER JESUS SORIA

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**Date:** Wednesday, March 12, 12:00pm–1:30pm. Lunch provided.

**Presenters:** Harry A. Winters, MD; Amanda Bontempo, RD.

**Location:** Woodhull Medical Center. 3rd Floor, Conference Room #1. 760 Broadway, Brooklyn, at the intersection of Broadway and Flushing Avenue.

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**Date:** Thursday, March 20, 6:00pm–7:30pm.

**Presenters:** Julia Smith, MD, PhD; Baljit Singh, MD.  
Moderated by Cristina Moldow, LCSW.

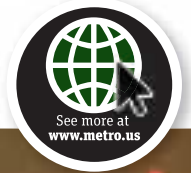
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The Perlmutter Cancer Center is an NCI-designated cancer center. These lectures are free and open to the public, but you must RSVP.

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# Noise violation yields major heroin bust



Five bags of heroin were reportedly sitting on a kitchen table. / GETTY IMAGES

**Score.** The police discovered the illegal drugs while responding to a call about loud music.

NYPD officers responding to a noise complaint on Friday night got more than they bargained for when a Queens man answered the

door holding a marijuana pipe and invited them into his apartment filled with heroin, police said.

Just after 11 p.m. on Friday, uniformed officers arrived at a building in Kew Gardens Hills in response to a 311 call about loud radio noise that was blaring from a third floor apartment. A man identified as Frank Giardina reportedly answered the door, pipe in hand.

When the officers asked Giardina for his identification, intending to write him a summons, the suspect invited them inside so that he could get his wallet. The cops then saw five bags

of what appeared to be heroin sitting in full view on a table in the kitchen. The bags weighed a total of five pounds.

Giardina was arrested and a search warrant was obtained. A further search of his apartment turned up 1,948 glassines of heroin along with packing materials and equipment.

Giardina was charged with several counts of criminal possession of a controlled substance, intent to sell drugs and criminal possession of marijuana.

EMILY JOHNSON  
@METRONEWYORK  
[letters@metro.us](mailto:letters@metro.us)

#### Big bust

## 1,948

The number of glassines reportedly found in Frank Giardina's apartment

#### Gun violence

### Man shot dead in Bronx apartment

A man was found shot and killed in a Bronx apartment Sunday.

Police said that the man was discovered at 4:43 a.m. after officers received a 911 call.

Authorities found a 43-year-old man with a gunshot wound to the neck and head inside the apartment in the Fordham section of the Bronx.

Police also found a second person with stab wounds who was taken to St. Barnabas Hospital in serious condition.

CHESTER JESUS SORIA

### Search. Boy, 11, goes missing in Brooklyn

Police are asking for the public's help locating an 11-year-old boy who went missing after leaving his Brooklyn home early on Wednesday morning.

Kareem Granton was last seen leaving his home located at 400 Williams Ave. in East New York at about 7:45 a.m.

Granton is 5-foot-4 and 95 pounds, according to police. He was last seen wearing a black jacket, khaki pants and black sneakers.

Anyone with information is asked to call the NYPD's Crime Stoppers Hotline at 800-577-TIPS. The public can also submit



Kareem Granton / NYPD

their tips by logging onto the Crime Stoppers Website or texting their tips to 274637 (CRIMES) then enter TIP577. LAURA SHIN

# Malaysian jet may have disintegrated



A Malaysia Airlines jet is shown on the tarmac at the Kuala Lumpur International Airport. / GETTY IMAGES

**Vanished.** The search is widening to cover vast swathes of sea around Malaysia and off Vietnam.

Officials investigating the disappearance of a Malaysia Airlines jetliner with 239 people on board suspect it may have disintegrated in mid-flight, a senior source said on Sunday, as Vietnam reported a possible sighting of wreckage

from the plane.

International police agency Interpol confirmed that at least two passports recorded in its database as lost or stolen were used by passengers on the flight, raising suspicions of foul play.

An Interpol spokeswoman said a check of all documents used to board the plane had revealed more "suspect passports" that were being further investigated. She was unable to say how many, or from which country or countries.

"The fact that we are

unable to find any debris so far appears to indicate that the aircraft is likely to have disintegrated at around 35,000 feet," a source involved in the investigations in Malaysia told Reuters.

REUTERS

## Quoted

**"On the possibility of hijack, we are not ruling out any possibility."**

Azharuddin Abdul Rahman  
Malaysian civil aviation chief

## Home simulator

### Pilot is an aviation tech geek

The pilot of the jet that went missing enjoyed flying the Boeing 777 so much

that he spent his off days tinkering with a flight simulator of the plane that he had set up at home, current and former co-workers said.

Zaharie Ahmad Shah, 53, had always wanted to become a pilot and joined

the national carrier in 1981.

Airline staff who worked with the pilot said Zaharie knew the ins and outs of the Boeing 777 extremely well, as he was always practicing with the simulator.

REUTERS

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Photos: Student singers by Julien Jourdes, Heath by Jack Vartoogian, Jones by Raj Naik. Artists, programs, dates, and ticket prices subject to change. © 2014 CHC.

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## California. Two dozen students injured in school stage collapse

Two dozen students in Southern California were injured when a packed stage collapsed during a performance at a high school, police said Sunday.

More than 200 students were onstage when the front portion of the platform gave way during a Saturday night production at Servite High School, a

private Catholic school in Anaheim, about 25 miles south of Los Angeles.

Twenty-four students were transferred to local hospitals with non-life threatening injuries including scrapes, bruises and broken noses, according to Anaheim Police Department spokesman Lt. Steve Schmidt. **REUTERS**

### Search for gunman

## Three dead in Ohio nightclub shooting

An unidentified gunman opened fire inside an Ohio nightclub early on Sunday, killing three people including an off-duty police officer, authorities said.

A fourth person was wounded at the Last Call Saloon in Fremont, 40

miles south of Toledo, and authorities were searching for the shooter, Fremont police said.

The gunman fired at least four shots, killing a 25-year-old bartender, a 24-year-old patron and a 26-year-old man identified as an off-duty police officer from the nearby village of Elmore, according to Fremont Police Chief Timothy Wiersma. **REUTERS**

# Rand Paul to decide on 2016 White House run after midterm elections



Rand Paul / GETTY IMAGES

**Victorious.** Paul won a straw poll of activists at the Conservative Political Action Conference.

Republican Rand Paul said on Sunday he was preparing for a possible run for the presidency in 2016 but would not make a final decision until after the November midterm elections.

One day after winning a preference poll of conservative activists, the Kentucky senator said his libertarian message of protection for civil liberties could help the GOP grow by attracting young people and minorities.

"We do the things that

would be necessary to make sure that it can happen and will work. But I truly haven't made my mind up and won't make my mind up until after the 2014 elections," Paul said on "Fox News Sunday" of a run for the presidency.

Paul told the conference on Friday that President Barack Obama was trampling personal liberties with programs like the National Security Agency's electronic surveillance and offered a strong defense of Fourth Amendment constitutional rights against unreasonable searches and seizures.

"The youth in particular have lost faith in this president, and so I think there's a real opportunity for Republicans who

### Cruz control

# 31%

Paul won the CPAC straw poll with 31 percent of the vote, well ahead of second-place finisher Republican Senator Ted Cruz of Texas, who had 11 percent.

### Quoted

**"We're definitely talking about it, my family's talking about it."**

Paul said on "Fox News Sunday" of a run for the presidency.

do believe in the Fourth Amendment to grow our party by attracting young people," Paul told Fox. **REUTERS**

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## On the offensive

## Republicans press Medicare attack in Congressional elections

Republicans, looking for ways to turn November's congressional elections into a referendum on President Barack Obama's signature health care law, are trying to portray Obamacare as a danger to Medicare.

The aim is to court one of the biggest and most reliable voting blocs in midterm elections — senior citizens and people near retirement — by depicting Republicans as defenders of the federal health care program for 42 million seniors.

It's an attempt to turn the tables on Democrats, who in the 2012 presidential election attacked Republican Mitt Romney over Republican proposals to overhaul Medicare.



DEMOCRAT ALEX SINK IS IN A HOTLY CONTESTED RACE IN FLORIDA WITH DAVID JOLLY.

GETTY IMAGES

### Quoted

**"They're tripping over themselves. The public knows the government is to blame and that the government is controlled by Democrats."**

Andrea Bozek, National Republican Congressional Committee

"You'd have to be a blind man in a dark room not to see the political implications of Obamacare in general and now specifically with respect to Medicare," said Brock McCleary, former polling

director for the RNC.

The strategy faces an early test in Tuesday's special U.S. House election in Florida, where analysts say Republican David Jolly and his allies are using Medicare in an 11th-hour effort to create an Obamacare liability for Democrat Alex Sink among older residents who make up 45 percent of the local population.

The final rate won't be set until April. But a new Florida TV ad attacking Sink is already telling seniors what to expect: "To pay for Obamacare, Washington is forcing seniors to endure deep cuts to Medicare Advantage."

"Sadly, Alex Sink supports these cuts, sticking with Nancy Pelosi, who wants to keep Obamacare intact," a narrator says as a washed-out photo of Sink appears alongside images of the House Democratic leader and the Capitol under darkening skies.

REUTERS

## Are you HIV+ and not taking HIV medications?

Researchers at Rockefeller University are testing the safety of a new investigational antibody directed against HIV.

### You may be eligible if you:

- Are HIV positive
- Are between the ages of 18-65
- Are not taking HIV medications

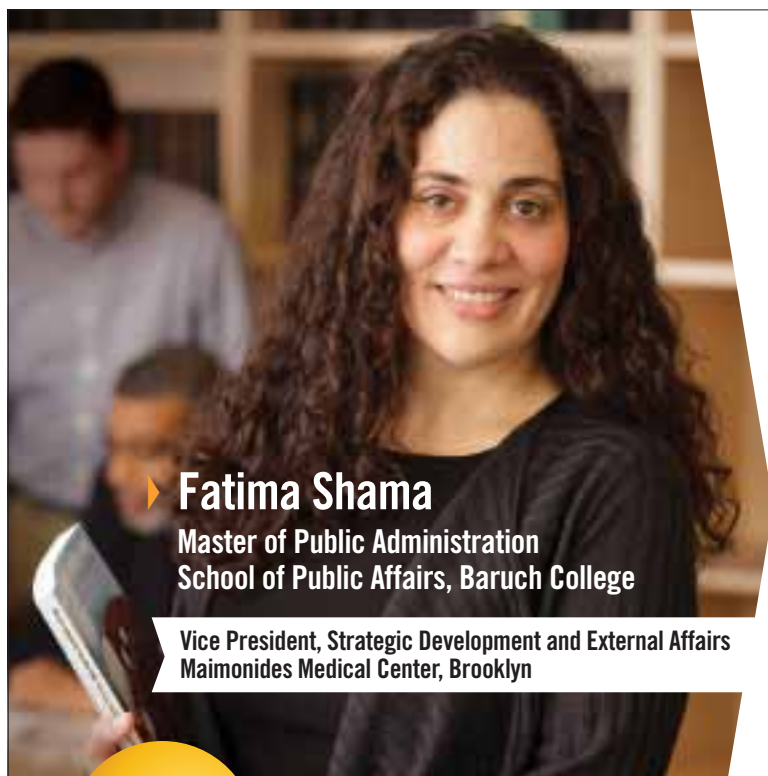


### Participation involves:

- Receiving investigational antibody
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# Merkel raps Putin as Russian forces tighten grip on Crimea

**Law.** Putin declared a week ago that he had the right to invade Ukraine to protect Russian citizens.

Germany's Angela Merkel delivered a rebuke to President Vladimir Putin on Sunday, telling him that a planned Moscow-backed referendum on whether Crimea should join Russia was illegal and violated Ukraine's constitution.

Putin defended break-away moves by pro-Russian leaders in Crimea, where Russian forces tightened their grip on the Ukrainian region by seizing another border post.

As thousands staged rival rallies in Crimea, street violence flared in Sevastopol, when pro-Russian activists and Cossacks at-

tacked a group of Ukrainians.

Russian forces' seizure of the Black Sea peninsula has been bloodless, but tensions are mounting following the decision by pro-Russian groups there to make Crimea part of Russia.

In the latest armed action, pro-Russian forces wearing military uniforms bearing no designated markings sealed off a military airport in Crimea near the village of Saki, a Ukrainian Defence Ministry spokesman on the peninsula said. **REUTERS**

## Personnel

# 15

In the latest armed action, Russians took over a Ukrainian border post on the western edge of Crimea, trapping about 15 personnel inside, a border guard spokesman said.



A sailor guards a Russian navy ship in the Bay of Sevastopol on Sunday. / GETTY IMAGES

## Crimea's main city

### Rallies are held in Simferopol

Several hundred opponents of Russian-backed plans for Crimea to secede gathered, carrying blue and yellow balloons the color of the Ukrainian

flag. The crowd sang the national anthem, twice, and an Orthodox Priest led prayers and a hymn.

Vladimir Kirichenko, 58, an engineer, opposed the regional parliament's plans for a vote this month on Crimea joining

Russia. "I don't call this a referendum. It asks two practically identical questions: Are you for the secession of Ukraine or are you for the secession of Ukraine? So why would I go and vote?"

**REUTERS**

## Study shows

### Four new gases that harm ozone layer found, despite bans

Scientists have detected four new man-made gases that damage the Earth's protective ozone layer, despite bans on almost all production of similar gases under a 1987 treaty, a study showed on Sunday.

The experts were trying to pinpoint industrial sources of tiny traces of the new gases, perhaps used in making pesticides or refrigerants, that were found in Greenland's ice and in air samples in Tasmania, Australia.

The ozone layer shields the planet from damaging ultra-violet rays, which can cause skin cancer and has been recovering after a phase-out of damaging chemicals under the U.N.'s 1987 Montreal Protocol. **REUTERS**



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# Switching up the SAT

## Pencils down.

For a test that is a student's first step into college, the definition is changing.

Adumbrate, legerdemain, obstreperous: Students can breathe a sigh of relief as ornate SAT words are tossed aside as one of many changes announced by the College Board. Two years from now, students will begin taking the redesigned test, and experts say it's a step in the right direction.

The revisions make sense overall, according to Dr. Karen Pennington, vice president of campus development and student life at Montclair University. "I like those passages using works such as The Declaration of Independence or the Federalist papers students should know and be reminded of."

Overseeing admissions at Montclair, she mentions the College Board is also addressing aspects that simply didn't work. "The change to the total score is one that never worked, it never quite caught on."

Neither did the essay,

## Cha-cha-changes

- Maximum scores will change from 2400 back to 1600.
- The essay will become optional.
- Impressive SAT words will be replaced by commonly used words.
- Each exam will include passages from the Founding Documents of America or the Great

Global Conversation.

- Students must support answers with evidence.
- Scoring will not deduct points for incorrect answers.
- The math section will cover fewer topics.
- The new exam will be offered online in addition to paper.

which was added to the test in 2005 to raise potential scores to 2400; now it's becoming optional as scores revert back to 1600. "Those changes led to a decline in the last nine years when the ACT overcame," points out Bob Schaeffer, public education director of FairTest, a testing watchdog organization.

The College Board is also hoping to level the uneven financial playing field regarding test preparation accessibility. The announcement referenced a partnership in conjunction with Khan Academy for free online test preparation materials launching next spring.

Schaeffer points out free reference materials already exist in high school guidance offices. "It's like physical fitness," he says. "Though anyone can run outside, 'If people have the means, they go to Gold's Gym.' And if they have a lot of money, he adds, 'They hire personal training, because they know one-on-one customized training is far superior than using a machine.'"

Seppy Basili, vice president of Kaplan Test Prep,

See more at  
[www.metro.us](http://www.metro.us)



Changes to the SAT may make the test more egalitarian, but some are skeptical. / MONKEY BUSINESS IMAGES

## Quoted

"It's the entirety of a student's record that's really important. Study, buckle down and prepare for more than just one test."

Dr. Karen Pennington, pictured



echoes the sentiment of thinking like an athlete. "What do they do to get better? They practice, they practice, they practice."

While he thinks test updates will lead to more fairness since it's more in alignment with what students actually learn in school, high schoolers shouldn't worry. "Now is not a moment to panic. It's a little early," Basili says. Instead of freaking out about the overhaul, think about "understanding the con-

tent, having a strategy and being confident."

And Dr. Pennington reminds students to look at the big picture, since this is still one test taken on one particular day that will be part of a more nuanced picture. "It's the entirety of a student's record that's really important. Study, buckle down and prepare for more than just one test."

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# 2

## CULTURE

### Twitter feed

We check in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

Today, Patton Oswalt is getting the hang of Daylight Savings, Mindy Kaling is at SXSW, Lena Dunham seems happy with her "SNL" stint and Kesha is out of rehab.

@pattonoswalt: So, starting at 2am we set our calendars to Christmas except it's "summertime Halloween" Christmas with still some snow?

@mindykaling: Austin is full of bats and cold rain so far

@lenadunham: Cannot overstate how joyful this experience has been. I have always loved you Saturday Night Live, but now I am IN love with you

@KeshaRose: Happy to be back! Feeling healthy & working on tons of new music. I can't thank my fans enough for all the love & support u have given me

# THE REAL CHAMPIONS OF SOCHI



Tara Lipinski and Johnny Weir stole the show in Sochi. "When we start talking we don't really stop," Weir says. / GETTY IMAGES

With their sassy, on-point figure skating commentary, drool-worthy couture and adorable Instagram posts (they love to spoon!), Johnny Weir and Tara Lipinski took the Olympics by storm — again.

"I think we were both happily surprised [by the attention]," Lipinski told us at a kickoff for the Paralympic Winter Games on Friday in NYC. "We were the rookies and we had to prove ourselves, so it was really nice to come home and see the reception that we got."

The pros were "in a bubble" during their time

## THE WORD

Meredith Engel takes on the world of gossip.

MEREDITH ENGEL  
@MeredithAtMetro  
meredith.engel@metro.us

in Sochi, Weir says, so they didn't really know about the positive reaction to their work until they returned home.

"We didn't think anyone was watching, and there's a brilliance to being a bit naive to what's going on," he says. "It's very liberating."

And figure skating's most fabulous duo have no plans to slow down now. The two did Oscars coverage for NBC and hope to be commentators at the Winter Olympics four years from now ("We'll have to see," Lipinski says). They're also

### Ice skating vs. ice dancing

"It's definitely a different discipline, but I think we both have such a respect for what they do." Lipinski

"We're all underneath the same big top at the circus, and the ice dancers are definitely a breed [in and] of themselves. They're the peacocks." Weir

ready and willing to offer their insight on other matters.

"We have an opinion about everything," Weir says. "Despite being figure skaters and knowing

what we're talking about specifically, we've got opinions on a lot. So show us VMAs. Show us Golf Channel. Show us the Kentucky Derby [or] Toddlers and Tiaras."

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## Interview. Sara Evans is back with her seventh studio album

Sara Evans is frazzled. Like any mom, she spent the morning trying to get her kids ready so she could make it to work on time. But unlike many other moms, the job that she holds is country superstar. Her seventh studio album, "Slow Me Down," drops tomorrow. Evans rang us from her tour bus.

**This is your seventh studio album. Does the process ever get easier?** I watch the charts weekly and just so desire success. You put so much into making your records and all the details that can either be not even recognized or can take your career to the next level. You never know

how a single is gonna be received. I was worried about our genre right now being so male-dominated. I was like, "Are they gonna give me a slot?" And they did. ... It's always scary:

**You're in a wedding dress in the video for your first single, "Slow Me Down."**

It's almost me saying, "Why did I marry him? If it doesn't change I'm going to have to leave, but I really want him to stop me." And every girl loves the idea of — not in the way of playing games, but just: "If I told you I was leaving you, would you chase me? Would you try to stop me?" I completely related to that song because every-

body wants to be pursued.

**What was your mind-set when you were working on this disc?**

If an actor chooses to play a wife-beating, drug-addicted thief, that doesn't mean that in their personal lives they're thinking those dark things. It's acting. That's what I love about creating these songs, because I'm completely acting.

**It must be hard always defending yourself to people who think you're writing about your life.**

Yeah. When I write songs I go into a fantasy world. I write something that I think would move people. I don't mirror things.

**On the opposite end of the spectrum are artists like Taylor Swift.**

She's definitely one of those personal writers. Or so she says — who knows? She could totally be like, "I never had a boyfriend."

MEREDITH ENGEL



Evans' new album also features Isaac Slade from The Fray.  
ROBERT ASCROFT

### Rapper's delight

## Beyond country

**Who's an artist people would be surprised to know you listen to?**

I love rap. I love Eminem. To be honest with you I don't really listen to country like you would think because it makes me think about work too much.

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### On covering Gavin DeGraw's 'Not Over You'

"It was one of my favorite songs of that time, and I think almost every album since [2000's] 'Born to Fly,' I've put a cover tune on. ... That song moved me so much, and it sounds like a Sara Evans song." Evans

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# 'Billy on the Street' goes to SXSW – very briefly

**Television.** The comic's interview style has actually helped him burn a lot of calories.

Comedian Billy Eichner is back with a third season of his irreverent guerrilla quiz show, "Funny or Die's Billy on the Street," debuting March 12 at 11 p.m. EST on Fuse. To celebrate, he's in Austin, Texas, for SXSW — for as little time as possible, he insists.

## What's your take on being at SXSW?

I hate it! [Laughs] ... I'm glad we're doing our event on Monday, when it's a little more chilled out. That first weekend, it's basically like New York and L.A. and Chicago — everyone converges on Austin. It's a lot, it's hectic.



"Billy on the Street" premieres on Fuse, Wednesday at 11 p.m. / FUSE

## How often do you run into people who just expect you to be in character like that?

Um ... every day, all the time. [Laughs] And you know, I totally understand it, and I'm happy to report to them that I'm not that way all the time, that it's a character, obviously, and no one could live that way. ... I'm just your average gay Jew. What can I tell you?

## You run a lot on the show.

Yes, I burned a lot of calories. I needed to point out that between Season 2 and Season 3 I lost a lot of weight. That was the only point of me signing on to do it again. ... I would like to put "Billy on the Street" in the rainforests. ... It's probably going to be mostly running, me running around by myself or taking a nap near a tree.

## Online

## Metro messes with Texas

This week, Metro goes to Austin, Texas, for SXSW, a conference that features the newest in interactive, film and music. Read all about Ned Ehrbar's first experience there at [www.metro.us](http://www.metro.us). Be sure to check out Pat Healy's music coverage later this week.



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## Box office. New '300' gym addicts call it a draw with a talking dog

The action film "300: Rise of an Empire" battled its way to \$45 million in ticket sales to win the weekend box office race, slashing its way past the animated film "Mr. Peabody & Sherman."

"Mr. Peabody & Sherman," based on the "Peabody's Improbable History" segments of the 1960s animated TV show starring the characters Rocky and Bullwinkle, collected ticket sales of \$32.5 million at U.S. and Canadian theaters.

Last week's box office winner, "Non-Stop," was third with \$15.4 million in sales. The film stars Liam Neeson as an alcoholic U.S. air marshal racing to stop a string of murders on an international flight.

"The Lego Movie" took the No. 4 spot with \$11 million. The animated hit based on the colorful plastic blocks has now totaled \$225 million since its Feb. 7 release.

Rounding out the Top



Callan Mulvey gets all shouty in the side-sequel "300: Rise of an Empire." / WARNER BROS. PICTURES

5, "Son of God," based on "The Bible" television mini-series produced by "Survivor" producer Mark Burnett and his wife, Roma Downey, collected sales of \$10 million.

In limited release, the new Wes Anderson film, "The Grand Budapest Hotel," smashed a new record, garnering \$800,000 from only four theaters, for a per-screen average of \$200,000. The record's previous holder was "The Master," with \$ 147,262, in 2012. **REUTERS**

See more at [www.metro.us](http://www.metro.us)

### By the numbers

- 1 '300: Rise of an Empire' \$45 million
- 2 'Mr. Peabody & Sherman' \$32.5 million
- 3 'Non-Stop' \$15.4 million
- 4 'The Lego Movie' \$11 million
- 5 'Son of God' \$10 million

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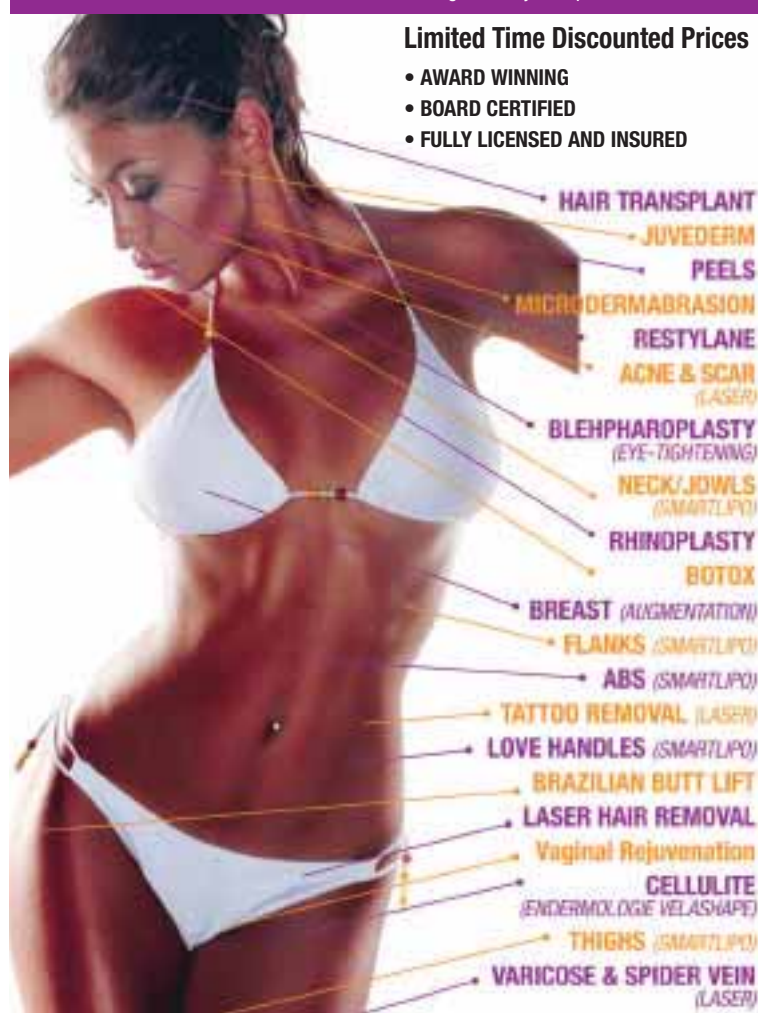
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Metro does not endorse the opinions of the author.



# WHEN HONESTY ISN'T THE BEST POLICY

**A friend of mine often complains about her boyfriend, but hardly ever recognizes her role in their problems. When she came crying to me for sympathy recently after a big spat, I gave her my honest opinion about one of her behaviors that I thought was contributing to the situation. In turn, she told me I wasn't being supportive. How do I support her but not be disingenuous?**

when one sees a friend continuously engaging in self-sabotaging behaviors. When put in a similar situation, many people often feel like they have three options — being brutally honest, remaining silent or telling people what they think they want to hear. Often, none of these options feels particularly satisfying.

Yet, there is time and place for honesty, as well as a way to be sincere that is compassionate, transparent, constructive and respectful of the other

person's feelings. First, you need to examine your motivations by asking yourself the following questions:

**1** What is the purpose of being honest? Is it to genuinely help the person or is there another motivation, like an ego-driven need to be right or an obsession with transparency? Or perhaps you just want your friend to stop bothering you with complaints. A client of mine has an almost obsessive need to express whatever is on his mind at all times

because he grew up feeling censored by his family. While his inclination is understandable, his difficulty using discretion often rubs people the wrong way.

**3** If you feel your friend is ready to listen, and the timing is right, ask her if she'd like feedback. Explain that you care about her and want her to be happy, but are concerned that certain patterns are getting in her way. If she agrees, be sure to clothe your words in love and

kindness, remembering that it's not easy for anyone to hear criticism, even if it's constructive.

**4** Finally, remember not to confuse honesty and righteousness. Just because we have observations or opinions about other people's behaviors, and are transparent about them, doesn't mean we're right. Assuming a posture of humility, especially when it comes to other people's relationships, can go a long way.

It can be difficult to hold one's tongue



SOMETIMES BEING COMPASSIONATE TRUMPS BEING BRUTALLY HONEST.

COLOURBOX

## Tip 2

If you are sincerely trying to help, ask yourself whether you think the person is ready and capable of hearing what have to say. Timing is everything. Obviously, you wouldn't want to tell a friend that her poor

hygiene may be undermining her love life while she is crying on your shoulder after getting dumped. Sometimes, people's defenses interfere with their being able to digest what might be insightful feedback. In

highly emotional situations, compassion trumps honesty. If they can't hear you, sometimes it's best to let it go and trust that life will one day present them with other chances to learn their lesson.

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# Think happy, eat healthy



**Bliss.** A new study says your mind may have power over your appetite.

Call it the "happy meal" diet.

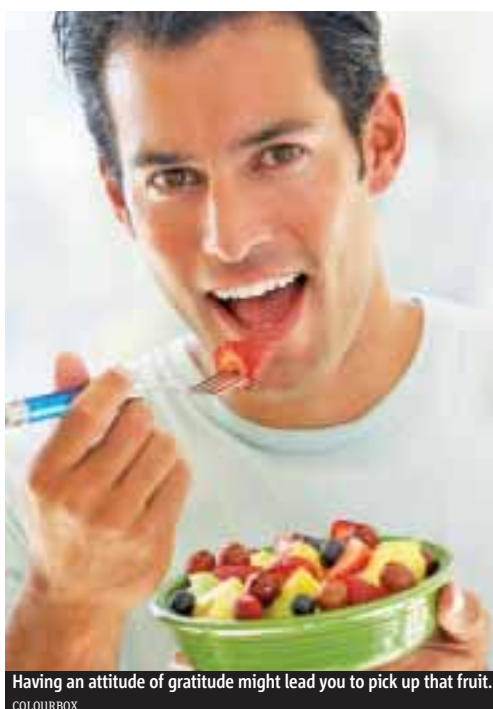
A study conducted by Cornell University has found that a person's mood affects what kind and how much food he or she consumes.

The study was the subject of a paper called "Better Moods for Better Eating: How Mood Influences Food Choice," which was published in the *Journal of Consumer Psychology*.

"People use food to either maintain a good mood or regain a good mood," Brian Wansink, a professor at Cornell and co-author of the paper, said in a release. "And if you're already in a good mood, you tend to eat more healthfully than if you're in a bad mood."

"Understanding why we make bad food choices in bad moods can help us make better choices," added Meryl P. Gardner, co-author and associate professor at the University of Delaware.

The authors suggest that people in a bad mood may have clouded vision, and may not realize what damage they are doing in



Having an attitude of gratitude might lead you to pick up that fruit. COLOURBOX

the long haul when they overindulge on a given day.

"The takeaway of this study is you can change your mood and eat better. Before a snack or meal, think of something that

makes you happy or grateful, and you'll eat less and better," said Wansink.

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## 30-second lifesaver

### Doorway Chest & Shoulder Stretch

This week's tip comes from *Bethany Lyons, SoulCycle instructor and founder of Lyons Den Power Yoga.*

Feeling stuck? Sitting at a computer all day? This may

help release stagnation.

At a doorway, place arms out to sides, at chest level, with a 90-degree bend, palms touching the doorway. Lunge forward until you feel a slight stretch in the chest.

Breathe into the stretch to go deeper while you keep your hips under your shoulders and your shoulders down and relaxed. Hold for five deep breaths. Switch legs. METRO



GO DEEPER WITH ARMS BEHIND. COLOURBOX

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## What's new in the frozen food aisle

Yes, it's cold outside. But these finds are worth the trek to your nearest icebox. **MEREDITH ENGEL**

### Luvo entrees



What do Derek Jeter and the former CEO of lululemon have in common? Their love for this brand of healthy frozen meals. (Christine Day of lululemon is the new CEO, and Jeter is a partner.) Each fancy entree — think Chicken Chile Verde with polenta and black beans — clocks in at under 500 calories and has 500 mg of sodium or less. Those are numbers that won't break the nutritional bank. **\$5.99-\$7.99, grocery stores**

### Veggie Fries

These frozen fries are a blend of potatoes and foods like carrots and broccoli, so you get an extra kick of nutrition. We tried the chickpea and red pepper variety, which was just as addictive as the real thing. **\$4.99, Whole Foods**



### SELF Healthy Kitchen meals

These entrees, created by Culinary Institute Grad Chef Calvin Harris, have the stamp of approval from SELF magazine, so you know they're gonna be healthy. The all-natural meals are low in fat, sodium and calories, high in protein and fiber and big on taste (southwest vegetable enchilada, anyone?). **\$4.99, Stop & Shop**

### Edy's Outshine Fruit & Veggie Bars

While we'll always advocate eating a real fruit or vegetable over an ice pop, these come in fun flavors (Tangerine Carrot!) and are 35-60 cals each. **\$4.39, A&P, Target and Stop & Shop stores**



### Yasso Frozen Greek Yogurt bars in new flavors

Frozen Greek yogurt in flavors like mint chocolate chip, salted caramel and peanut butter cup? Who needs ice cream anyway? **\$4.99-\$5.49, grocery stores (most should have the new flavors by April)**



# Have you seen the first-ever marijuana commercial yet?



The ad features this shady sushi salesman. / MARIJUANADOCTORS.COM

**Up in smoke.** The ad you might have heard about hasn't made it to air yet.

Questions were raised over the weekend as to whether the first major network-supported commercial to promote medical marijuana will run on Comcast cable, as announced last month.

The national ad cam-

paign, created by MarijuanaDoctors.com was due to start this past week in New Jersey, but the company said the first ad never aired.

Comcast said the commercials were never given the final clearance to run by Comcast Spotlight, the agency subsidiary that was placing the ad, the New York Business Journal said.

MarijuanaDoctors.com said last month that it had booked Comcast airtime, and that an ad — posted on YouTube — was set to

run in the Garden State starting on March 3. Bravo, ESPN, Fox News, A&E and CNN were among the networks slated to air it.

MarijuanaDoctors.com spokeswoman Janet Falk told the Boston Herald that executives got word Friday that the campaign did not launch as expected, and that a meeting with Comcast was in the works.



MORGAN ROUSSEAU  
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morgan.rousseau@metro.us

## Health notes



CHRISSY TEIGEN  
GETTY IMAGES

### Fitness news

Daylight savings can do a number on your body, but **Honey Bunches of Oats** is here to help. The cereal is sponsoring fitness classes today at 7, 8 and 9 a.m.

inside Grand Central Terminal's Vanderbilt Hall. Afterwards, recharge with a free Honey Bunches of Oats Morning Energy cereal bar.

**Physique 57** — the barre workout that stars like Erin Andrews and Chrissy Teigen swear by — has launched a new workout video on its website, Physique Trim & Tone. If you can't make it into the studio yourself, one-time rentals on the site go for \$5-\$7; a monthly pass is \$57. Learn more at [www.physique57.com](http://www.physique57.com).

### Food news

For tofu-phobes, a block of soy can be intimidating. But **Nasoya** (the nation's leading brand of tofu) wants to break down the stigmas. It's inviting consumers to "think outside the block" and share their favorite tofu recipes on Facebook for a chance at \$500. Enter through March 31 on Facebook.

### Don't skip a beat

A heart-healthy panel discussion, **"A Global Eye on Women's Health: A Path to Healthy Living and Nutrition,"** will take place Tuesday from 10:30 a.m.-12 p.m. at the Armenian Convention Center (630 Second Ave.). Learn about risk factors and symptom recognition at the free event, sponsored by Hadassah. **MEREDITH ENGEL**

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## Jobs Advice

## DAN SCHAWBEL

DANSCHAWBEL.COM

Dan Schawbel is a Gen Y career expert, the founder of Millennial Branding and the author of the New York Times best-selling "New Rules for Career Success."



# REMOTE CONTROL YOUR JOB

If you aren't a remote worker right now, chances are, you might be in the future. A new study by the work lifestyle company Flex Strategy Group and Quest Diagnostics found that 31 percent of full-time employees in the U.S. (about 8 million people) do most of their work from a location other than their employer's site. Though many workers romanticize about working from home, it's much harder than it seems.

I spent four years working remotely and ended up renting office space because it was getting in the way of real human interaction. They don't teach you in college how to work remotely or manage

remote workers, but it's an important skill in the 21st century. With technologies like Skype, Basecamp and Google Apps, it no longer matters where and when you do work — only that you get results that benefit your company. I spoke with Cali Williams Yost, founder of Flex Strategy Group, to get her tips for remote workers.

## Know your boundaries

When you aren't working in an office, it's hard to balance your work and life because you aren't clocked in. It's up to you to set time aside to do personal things that matter to you.



It might not be business-casual in a remote office, but there are rules to follow. / COLOURBOX

"Make it part of your routine to sit down for 20 minutes each week and review what you need to get done and want to get done on the job, with your career and in your personal life," Yost recommends.

## Identify actions and priorities

As a remote worker, you need to take the initiative to manage yourself instead of relying on your boss to do it for you. "Identify the small, meaningful actions and priorities that will help you be your best, at work and in your

### Watercooler

## Go to the office

Face-time is still the best way to build relationships with the people you work with. "Make it a point to go into your employer's workplace regularly," says Yost. Nothing will replace in-person visits where people can get to know you on a personal level.

personal life, for the next seven days, whether its completing an important project, getting enough

sleep or eating healthy meals," Yost suggests.

## Give status updates regularly

One of the biggest concerns managers have with remote workers is that they might be distracted. Your manager will trust you if you make sure he or she is aware that you are constantly doing work and exceeding expectations. "Every week send your manager a quick 'highlights' list of accomplishments," says Yost.

— Metro does not endorse the opinions of the author.



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All candidates must apply using the [www.usps.com/employment](http://www.usps.com/employment) website. Positions will be available to apply Monday, March 10 thru Friday March 14, 2014 (No Fee required for USPS Exams)



# What elite athletes can teach about working hard

**Achieve.** Take these strategies for success from the sports arenas to the office.

Workplace competition is inescapable these days — but if you have your sights set on gold medal career growth, you'll need some great techniques. Taking the lessons learned on the court into the boardroom is a great start.

## Recognize the importance of training

Every week you should be analyzing your performance. Did you meet your targets? Where and why did you fall short? Evaluating your performance and taking steps to improve it — whether it be embarking upon further training courses or practicing some basic strategies — is going to help you become the strongest employee you can be.

## Overcome obstacles

Every athlete has to learn how to pick themselves up after a setback. That high jump bar you just can't clear? The hurdle you keep knocking over?

Athletes need to keep their eye on the prize in order to keep going when the going gets tough.

We face obstacles in the workplace all the time, from not getting the promotion you wanted to being rejected from a job you thought you had in the bag. Keeping your eyes on your ultimate goal and focusing your attention on what steps you can take to get there will help you find yourself on the workplace podium sooner rather than later.

## Push yourself

Preparing for the Olympics is an enormous time commitment. You eat, sleep and breathe Olympic training. Therefore, maintaining focus and working toward constant improvement is your key to success.

At work, it is easy to fall victim to doing the bare minimum and settling into where you are instead of working towards where you could be. Pushing yourself to work harder and surpass expectations is where you are going to find your career success. **LEAH RUEHLICKE**

TalentEgg.com is a job board and online career resource for college students and recent graduates.

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## Good game

### Stick to friendly competition

Rivalry between co-workers who are fighting for the same positions can get heated as they fall under the pressure of trying to prove themselves. Standing out is one thing. Doing it maliciously is quite another. Although it's natural to want to win, remember



**Teamwork is better than fighting.** / COLOURBOX

that you are on a team. Do your best, but not at the expense of others.



## Extra tip

### H2O is your new best friend

A healthy athlete is a hydrated athlete. A healthy employee is one who drinks lots of water — it keeps your mind fresh and will help you stay alert, healthy and moving around.

Hydrating means more trips to the bathroom, which means moving around during the day. All good habits. / COLOURBOX

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**JOBS** 22

# Take a shot of whiskey on the job



**Neat.** Fans of the fermented grain alcohol can get their chance to evangelize in favor of one distillery.

Hudson Whiskey, New York's first post-prohibition distillery, is searching for a new brand ambassador. "Making the Cut" invites whiskey aficionados to apply for a job representing Hudson Whiskey across the country.

Gable Erenzo, co-founder and current brand ambassador, is stepping down to return to the distillery. Erenzo, who co-founded with his dad Ralph Erenzo, will go back to where he started, trying to perfect the Hudson Whiskey recipe.

Erenzo's replacement will circle the country, speaking with bartenders, restaurant owners, whiskey enthusiasts and press, hosting tastings, connecting with fans via social media and generally representing the brand.



Drinking whiskey could be a big part of the job description for one lucky boozehound. / PROVIDED

Interested whiskey-hounds can apply on Hudson Whiskey's website by uploading a short video or a collection of photos displaying a passion and readiness to be the face

of the whiskey. Ralph and Gable will choose several contenders and invite them to the distillery for a monthlong course in craft distillation. One winner will "make the

cut," and become the newest member of the brand. Bottoms up.

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## Horoscope

**Pisces | Feb. 19-March 20.** Your home and family life should be your priority today. You could run into trouble if details escape your notice.

**Aries | March 21-April 20.** You will have difficulty concentrating on your career if there are unresolved issues at home. Once your mind is clear you can dedicate yourself to your work.

**Taurus | April 21-May 21.** There are people in your circle who claim that they can assist you with important projects. Some will be a great help.

**Gemini | May 22-June 20.** Direct your focus toward money matters. Consider asking for a raise, or find a way to supplement your income.

**Cancer | June 21-July 22.** You will have a tendency to overreact. If you remain levelheaded, your plans can be turned into reality. Make the necessary effort to keep your emotions in check.

**Leo | July 23-Aug. 22.** Don't be shy about presenting your ideas. A little self-promotion is necessary if you want to be successful.

**Virgo | Aug. 23-Sept. 22.** Think carefully before making any decisions. You will end up in a much better position if you sit back and wait for others.

**Libra | Sept. 23-Oct. 22.** Don't be reluctant to offer help to a close friend. The reassurance will make a difference to your relationship. Loyalty will win you favors and support.

**Scorpio | Oct. 23-Nov. 21.** Let your creativity and imagination drive you today. You should finish projects that you've been putting off.

**Sagittarius | Nov. 22-Dec. 21.** You may think that someone you relied on has turned out to be untrustworthy. Make sure to get your facts straight before making any accusations.

**Capricorn | Dec. 22-Jan. 20.** If you need to boost your credentials, seek out a challenging new position will motivate you.

**Aquarius | Jan. 21-Feb. 18.** It's a good day to get in touch with old friends. Sharing your views will give you a much greater perspective.  
BERNICE BEDE OSOL

## Letters

## Not your mom's jeans

**RE: 'Spring trend: Mom jeans' (March 6, 2014)**

The jeans featured in your article were '80s high-waisted jeans, not mom jeans. Mom jeans were shapeless with an elastic waist and baggy from the hip-flexers up to the waist; the point being you can give up now that you have settled down. I am relieved that they are not making a comeback for moms or fashionistas. **DIANE B, VIA EMAIL**

Tom Foreman? His points are often laughable and his pieces riddled with factual errors. Take his last one, for example. He says: "Sixty percent of Crimea's population speaks Russian as a first language." Wrong! It's 77 percent. (He was confusing ethnic background with native language.) He also says: "Crimea was part of Russia for 300 years before it was given to Ukraine in 1954." Crimea was part of the Russian Empire since 1783, but then again so was Ukraine, even before that. When the Soviet Union set up Ukraine and the other Soviet Socialist Republics in 1922, Crimea remained part of Russia. **PASQUALE TATO, CAMBRIDGE, MA**

**letters@metro.us**

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

## Foreman's follies

**RE: 'Russia's Rules' (March 7, 2014)** Why do you publish the mediocrity dished out by "political correspondent"



## Online

You can use your smartphone to discover today's crossword answers — right now! Download and open the Blippar app on your smartphone and hold the screen over the puzzle — it's that easy!



## Sudoku: Easy and hard

		7				1	8	9
			6	7			3	5
8								6
				5	7			8
1	3						7	2
7			2	6				
5								1
3	2			9	4			
6	4	8				2		

			9			1		5
4		5	8				2	9
					7		6	
		7			5			3
		1	2	3	4	8		
3			6			5		
	1		3					
8	5				6	2		4
2		6			8			

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Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

## Crossword

## Across

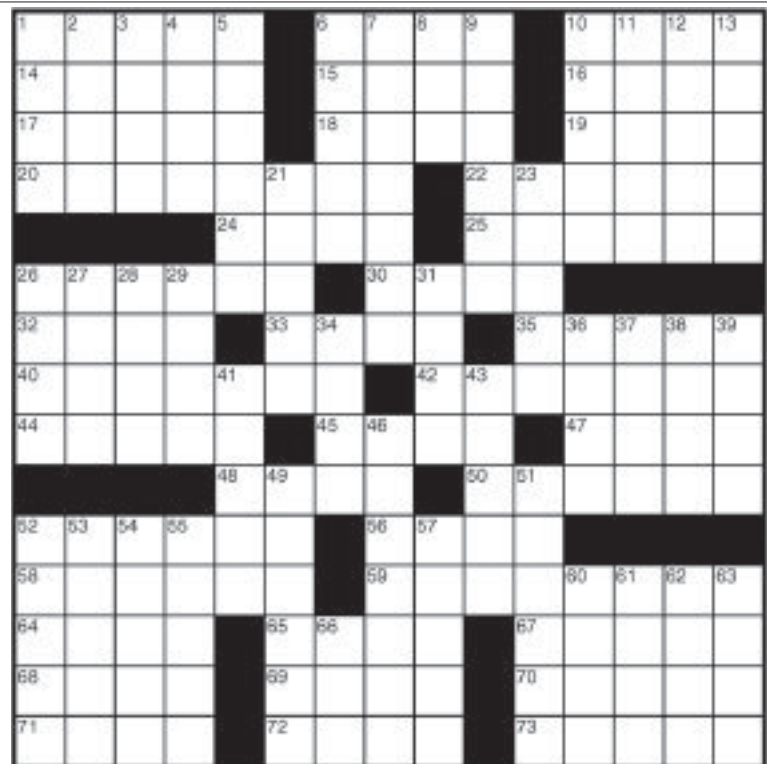
- 1 Mirror fogger
- 6 Omelet base
- 10 "— Horizon"
- 14 Dance band
- 15 Sky light
- 16 Game for (2 wds.)
- 17 UFO passenger
- 18 — Brummell
- 19 Kind of muffin
- 20 Hags
- 22 Weird
- 24 Dear, in Italy
- 25 Wets a line
- 26 Catherine of —
- 30 Send a letter
- 32 — Hari
- 33 Acorn, to an oak
- 35 Fluffy quilt
- 40 Leads on
- 42 Gross out
- 44 Fractional part
- 45 El —, Texas
- 47 Failing that
- 48 Carter and Vanderbilt
- 50 Deeds
- 52 Affluent person
- 56 Warty critter
- 58 Newspaper flyer
- 59 Wormwood liqueur
- 64 ORD guesses
- 65 Quartet minus one

## Down

- 67 Yellow pigment
- 68 Cheerful tone
- 69 Practical knowledge
- 70 Kiwi language
- 71 Promo tape
- 72 Dolly and her clones
- 73 Mr. Spock's father
- 1 Union flouter
- 2 Decorated tinware
- 3 Runner — Zatopek
- 4 Sacked out
- 5 Neighbor of France
- 6 Bonfire residue
- 7 Loses it (2 wds.)
- 8 Region of India
- 9 Extinguishes
- 10 Grease jobs
- 11 Host with a book club
- 12 Tent securer
- 13 Oscar's cousins
- 21 Pastor's abode
- 23 Ceremonies
- 26 "You said it!"
- 27 Jaipur princess
- 28 Envelope abbr.
- 29 Amble or trot
- 31 Bettor's concern
- 34 Glimpse

## Weekend's answer

- 36 "— the picture!"
- 37 Yawn-provoking
- 38 Latin I verb
- 39 AAA suggestions
- 41 Preside
- 43 Jots
- 46 Fred of "Top Hat"
- 49 Courage
- 51 Figures of speech
- 52 Harvest
- 53 Free
- 54 Choir selection
- 55 Linguine topper
- 57 Melancholy woodwinds
- 60 College sports org.
- 61 Odin's son
- 62 Roll call reply
- 63 Viking name
- 66 Straight line



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# 3

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# Jets part ways with veteran Cromartie

**NFL.** It didn't come as a total shock, but New York did cut one of the most recognizable names on their roster.

The Jets have parted ways with veteran cornerback Antonio Cromartie — at least for now.

New York announced Sunday afternoon they had released the eight-year veteran, who spent the last four seasons with the Jets. He had 13 interceptions in those four seasons, the best of which came in 2012 after All Pro cornerback Darrelle Revis was injured. He made the Pro Bowl in 2012 and 2013.

Cromartie struggled last season — despite the surprising Pro Bowl nod —



Cromartie said this offseason he wanted to stay in New York, but still thanked the organization on Twitter Sunday. / GETTY IMAGES

### By the numbers

## \$15M

Cromartie would've had the highest salary cap number on the team at just shy of \$15 million in 2014.

though the biggest thing working against him was his salary. Cromartie's cap hit in 2014 would have been \$14.98 million.

There was plenty of discussion about cutting the veteran, however, Cromartie indicated at the

end of the season he could re-sign at a smaller figure. But head coach Rex Ryan's statement released Sunday makes it sound like that may not be in the offing, despite high praise.

"Cro is one of the finest athletes I've ever coached," Ryan said. "He was willing to contribute wherever the team needed him to win games, be it defense, special teams or offense. He has a passion and enthusiasm for the game, and I wish him and his family the best."

Last year's first-round pick Dee Milliner and Kyle Wilson, also a first-round pick, are now the top corners on the roster. Though the team has reportedly looked into signing free agent Alterraun Verner.



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### Rangers win



LUNDQVIST HAS 49  
CAREER SHUTOUTS.

GETTY IMAGES

## Rangers blank Red Wings for Lundqvist's 300th win

The Rangers swept the season series with Detroit due to a shutout performance by goaltender Henrik Lundqvist.

Brian Boyle scored the game-winner just 5:14 into a 3-0 victory. Lundqvist made 30 saves to earn his 300th career victory — just one shy of Mike Richter's franchise record.

Chris Kreider scored two goals in the third period, both assisted by Derek Stepan, to put it out of reach. **METRO**

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### Starting strong

## Wheeler strong again in second outing

Mets starter Zack Wheeler looked good again in his second spring start.

The second-year pitcher went three innings, allowed three hits and no runs and struck out three in an 8-2 win over Atlanta.

The worry comes from the other dug-out, as Braves starter Kris Medlen left with a forearm strain. **METRO**

### Call it a tie

## Phelps pushing for No. 5 spot

Yankees starter David Phelps went five scoreless innings in a 3-3 tie against Tampa Bay Sunday. He struck out one and allowed three hits.

Alfonso Soriano had two hits. **METRO**

## NFL. Kevin Garnett misses another game with back spasms

The Nets have offered a higher quality of play, especially defensively, in the four straight games Kevin Garnett has missed with back spasms.

Head coach Jason Kidd decided to make it five straight last night against Sacramento, though the team is not letting on any worry yet.

"I think he's working extremely hard right now," Kidd said. "It's about April and May for us, but also being able to have guys step up."

Kidd is of course referring to the play-offs as he walks a fine line between age and reality.

The Nets have a rebounding disparity of minus-47 without Garnett, but they're allowing an average of just 90.75 points — well below their season average of 99.1 — thanks to forcing 95 turnovers. Kidd credited getting

in passing lanes for the success without Garnett in the lineup.

"I think just a process of keep working at it, knowing each other and understanding for us

we've got to get deflections," Kidd said. **LARRY FLEISHER**



WITH GARNETT GONE,  
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1-2 Family Homes in  
Brooklyn, Bronx,  
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All cases processed

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143-13 Hillside Ave., Jamaica NY 11435  
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By Car: Take Van Wyck to Hillside Ave

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START NOW!!



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Same Day Move In  
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No Credit Check  
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But Saving Money Can Lead  
To Lifelong Bliss.

Put Away A Few Bucks.  
Feel Like A Million Bucks.



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Feed The Pig.org

# ONE DAY SALE

**WEDNESDAY, MARCH 12 SHOP 9AM-11PM (IT'S A SALE TOO BIG TO FIT IN A DAY!)**  
**ALSO SHOP TUESDAY, MARCH 11 FROM 9AM-10PM** HOURS MAY VARY BY STORE. VISIT MACYS.COM  
 AND CLICK ON STORES FOR LOCAL INFORMATION.

FREE SHIPPING AT MACYS.COM WITH \$99 ONLINE PURCHASE. NO PROMO CODE NEEDED; EXCLUSIONS APPLY.

## DOORBUSTERS 9AM-1PM BOTH DAYS 4 HOURS ONLY! GREAT ITEMS! GREAT PRICES!

**DOORBUSTER  
70% OFF  
CLEARANCE**  
 Doorbuster 14.85-20.85.  
 Orig.\* 49.50-69.50,  
 after 1pm: 24.75-34.75.  
 Dress shirts & ties from  
 designers &  
 famous makers.



**DOORBUSTER  
EXTRA 20% OFF  
MENSWEAR**  
 Doorbuster \$118-\$260.  
 Reg. \$295-\$650. Suits,  
 sportcoats & raincoats from  
 Lauren, Tommy Hilfiger,  
 Kenneth Cole New York  
 and more.



**DOORBUSTER  
19.99  
YOUR CHOICE**  
 Reg. \$44-\$49, after 1pm:  
 24.50-24.99. Only at Macy's.  
 Style & Co. sweatshirts or  
 jeans. Misses & petites.  
 (★ WebID 1008629).  
 Women's prices slightly  
 higher.



**DOORBUSTER  
60% OFF  
DRESSES**  
 Doorbuster 19.60-31.60.  
 Reg. \$49-\$79, after 1pm:  
 24.50-39.50. From Rare  
 Editions (★ WebID 1093883),  
 Bonnie Jean & more. Infants'  
 3-24 mos; girls' 2-16.



## DOORBUSTER 20% OFF REGULAR & SALE PRICES SELECT ITEMS FOR HER & KIDS

**DOORBUSTER  
29.99  
MEN'S HAGGAR  
HERITAGE®**  
 Reg. \$65-\$70, after 1pm:  
 34.99. Dress & casual pants.  
 Waists 30-42. For example:  
 ★ WebID 401543.



**DOORBUSTER  
2 FOR 24.99  
BRAS**  
 Reg. \$33-\$40, after 1pm: buy  
 1, get 75% off 2nd. From Bali®,  
 Vanity Fair®, Maidenform® & all  
 Playtex®. Shown: Bali® Double  
 Support. ★ WebID 801274.



**DOORBUSTER 20% OFF  
IMPULSE HANDBAGS**  
 Doorbuster 47.20-  
 127.20. Reg. \$59-  
 \$159. Select totes,  
 satchels, crossbodies  
 and more.



**DOORBUSTER  
EXTRA 25% OFF  
SHOES**  
 Doorbuster 29.99-  
 142.99. Reg. \$45-\$198,  
 after 1pm: 39.99-189.99.  
 From Rampage, BCBGeneration,  
 Nine West, our Marc Fisher  
 & more.



**DOORBUSTER  
39.99  
DIAMOND RING**  
 Reg. \$160, after 1pm:  
 \$60. 1/4 ct. t.w.\* black  
 & white rose-cut\*\*  
 in sterling silver by  
 Victoria Townsend.  
 ★ WebID 730066.



**DOORBUSTER  
\$49  
CULTURED  
FRESHWATER PEARLS**  
 Reg. \$200, after 1pm: \$75.  
 36" 8.5-9.5mm endless  
 strand by Belle de Mer.  
 ★ WebID 813620.



**DOORBUSTER \$69  
10K GOLD EARRINGS**  
 All styles regularly priced at \$250, after 1pm:  
 93.75. From left: ★ WebID 382790, ★ 382792  
 & ★ 875760.



**DOORBUSTER \$299  
DIAMOND EARRINGS**  
 Reg. \$900, after 1pm: 472.50. 3/4 ct. t.w.\* in 14k  
 white gold. ★ WebID 612381.



**DOORBUSTER 79.99  
5-PC. SPINNER LUGGAGE SET**  
 Reg. \$260, after 1pm: 129.99.  
 Skyway Freedom 27" & 21"  
 spinners, duffel, tote &  
 travel kit. ★ WebID  
 1072645.



**DOORBUSTER 40% OFF  
ALL BLENDERS & FOOD  
PROCESSORS**  
 Doorbusters 23.99-  
 215.99. Reg. 39.99-359.99,  
 after 1pm: 29.99-279.99.  
 From Cuisinart, Ninja,  
 KitchenAid® & more.



**DOORBUSTER 40% OFF  
COFFEE, TEA & ESPRESSO MAKERS**  
 Doorbuster 23.99-767.99. Reg. 39.99-  
 1279.99, after 1pm: 29.99-899.99.  
 From Cuisinart,  
 Nespresso, Krups  
 and more.



**DOORBUSTER  
29.99  
QUEEN OR KING  
6-PC. SHEET SETS**  
 Reg. \$100 & \$120, after  
 1pm: 49.99. 300-thread  
 count cotton/polyester  
 with 4 pillowcases.  
 ★ WebID 744070.



**OR, EXTRA SAVINGS TUESDAY 9AM-1PM OR WEDNESDAY 9AM-1PM  
SAVINGS PASS DISCOUNTS DO NOT APPLY TO DOORBUSTERS & DEALS OF THE DAY.**

★ **MACY'S WOW! \$10 OFF**  
 ALL SALE & CLEARANCE APPAREL  
 AND SELECT HOME ITEMS!  
**CANNOT BE USED ON DOORBUSTERS  
OR DEALS OF THE DAY**

**\$10 OFF** YOUR PURCHASE  
OF \$25 OR MORE.

VALID 3/11 'TIL 1PM OR 3/12/14 'TIL 1PM  
LIMIT ONE PER CUSTOMER.



00007102107518021117

Also excludes: Everyday Values (EDV), specials, super buys,  
 furniture, mattresses, floor coverings, rugs, electronics/  
 electronics, cosmetics/fragrances, athletic shoes for him, her  
 & kids, Dallas Cowboys merchandise, gift cards, jewelry trunk  
 shows, New Era, Nike on Field, previous purchases, special  
 orders, selected licensed depts., special purchases, services.  
 Exclusions may differ at macys.com. Cannot be combined  
 with any savings pass/coupon, extra discount or credit offer,  
 except opening a new Macy's account. Dollar savings are  
 allocated as discounts off each eligible item, as shown on  
 receipt. When you return an item, you forfeit the savings  
 allocated to that item. This coupon has no cash value and  
 may not be redeemed for cash, used to purchase gift cards or  
 applied as payment or credit to your account. Purchase must  
 be \$25 or more, exclusive of tax and delivery fees.

★ **MACY'S WOW! \$20 OFF**  
 ALL SALE & CLEARANCE APPAREL  
 AND SELECT HOME ITEMS!  
**CANNOT BE USED ON DOORBUSTERS  
OR DEALS OF THE DAY**

**\$20 OFF** YOUR PURCHASE  
OF \$50 OR MORE.

VALID 3/11 'TIL 1PM OR 3/12/14 'TIL 1PM  
LIMIT ONE PER CUSTOMER.



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Also excludes: Everyday Values (EDV), specials, super buys,  
 furniture, mattresses, floor coverings, rugs, electronics/  
 electronics, cosmetics/fragrances, athletic shoes for him, her  
 & kids, Dallas Cowboys merchandise, gift cards, jewelry trunk  
 shows, New Era, Nike on Field, previous purchases, special  
 orders, selected licensed depts., special purchases, services.  
 Exclusions may differ at macys.com. Cannot be combined  
 with any savings pass/coupon, extra discount or credit offer,  
 except opening a new Macy's account. Dollar savings are allocated  
 as discounts off each eligible item, as shown on receipt. When  
 you return an item, you forfeit the savings allocated to that  
 item. This coupon has no cash value and may not be redeemed  
 for cash, used to purchase gift cards or applied as payment  
 or credit to your account. Purchase must be \$50 or more,  
 exclusive of tax and delivery fees.



Fine jewelry doorbusters are only at stores that carry fine jewelry. ► REG. & ORIG. PRICES ARE OFFERING PRICES AND SAVINGS MAY NOT BE BASED ON ACTUAL SALES. SOME  
 ORIG. PRICES NOT IN EFFECT DURING THE PAST 90 DAYS. ONE DAY SALE PRICES IN EFFECT 3/11-3/12/14. \*Intermediate price reductions may have been taken. †All carat weights (ct. t.w.)  
 are approximate; variance may be .05 carat. \*\*May contain rose-cut diamonds. Jewelry photos may be enlarged or enhanced to show detail. Fine jewelry at select stores; log on to macys.  
 com for locations. Almost all gemstones have been treated to enhance their beauty & require special care, log on to macys.com/gemstones or ask your sales professional. Extra savings taken  
 off of already-reduced prices; "doorbuster!" prices reflect extra savings. Doorbusters are available while supplies last. Advertised merchandise may not be carried at your local Macy's &  
 selection may vary by store. Prices & merchandise may differ at macys.com. Electric items & luggage carry mfr's warranties; to see a mfr's warranty at no charge before purchasing, visit a  
 store or write to: Macy's Warranty Dept., PO Box 1026, Maryland Heights, MO 63043, attn: Consumer Warranties. ★ Enter the WebID in the search box at MACYS.COM to order. N4020021.

★ **MACY'S** OPEN A MACY'S ACCOUNT FOR EXTRA 20% SAVINGS THE FIRST 2 DAYS, UP TO \$100, WITH MORE REWARDS TO COME. Macy's credit card is available subject to credit  
 approval; new account savings valid the day your account is opened and the next day; excludes services, selected licensed departments, gift cards, restaurants, gourmet food  
 & wine. The new account savings are limited to a total of \$100; application must qualify for immediate approval to receive extra savings; employees not eligible.